

## **THE 90-DAY MEMOIR**

### **STREAM-OF-CONSCIOUSNESS WRITING PROMPTS**

These writing prompts are meant to spark your memory and stimulate your imagination. As you write stream-of-consciousness for five minutes on any of these questions, a sense of the world of your story will begin to emerge. After a short while, whether it is a few days or a week, begin to incorporate the structure questions into this work of imagining the world of your story. The structure questions invite up images at various stages in your protagonist's journey. By working with them, they will help you deepen your relationship to your story.

From the perspective of your protagonist or an antagonist, write for five minutes on each of the following prompts, beginning with:

- 1) One thing you still need to know about me is . . .
- 2) The lie I continually tell myself is . . .
- 3) What makes me angry is . . .
- 4) What breaks my heart is . . .
- 5) The secret I won't tell anyone is . . .
- 6) The secret I won't tell myself is . . .
- 7) My perfect day would be . . .
- 8) This is how I would spend my last day on earth . . .
- 9) The biggest shock of my life was when . . .
- 10) I feel trapped when . . .
- 11) My first love was . . .

- 12) My biggest regret is . . .
- 13) My greatest accomplishment has been . . .
- 14) My childhood dream was . . .
- 15) When I look in the mirror, I see . . .
- 16) If you knew me before, you would have said . . .
- 17) Tomorrow I am going to . . .
- 18) On my tombstone, it will read . . .
- 19) What I have come to understand is . . .
- 20) On my tombstone, I would *like* it to read . . .
- 21) I fear that when people look at me they see . . .
- 22) The person I hate the most is . . .
- 23) You would never know this by looking at me, but . . .
- 24) My secret love is . . .
- 25) I can't wait for . . .
- 26) My attitude toward sex is . . .
- 27) My philosophy on life is . . .
- 28) I believe my role in life is to . . .
- 29) My favorite thing to do is . . .
- 30) The thought that keeps me up at night is . . .
- 31) One day I am going to . . .

- 32) I feel free when . . .
- 33) The best thing I ever purchased was . . .
- 34) My favorite memory is . . .
- 35) My worst memory is . . .
- 36) When I want to comfort myself, I remember . . .
- 37) The closest I ever came to murder was when . . .
- 38) The place I go when I don't want anyone to find me is . . .
- 39) If you were to ask the closest person in my life who I am, they would say . . .
- 40) I would be crushed if anyone knew this about me . . .
- 41) The one thing I care most about is . . .
- 42) I used to believe that . . .
- 43) The truth I am resisting about myself is . . .
- 44) Every time I think I'm going to get what I want, it seems that . . .
- 45) When I wake up my first thought is . . .
- 46) My last thought before I fall asleep is . . .
- 47) I have a habit of . . .
- 48) The answer to my problem that I've been avoiding is . . .
- 49) My worst defeat was when . . .
- 50) I will finally rest when . . .

- 51) The bravest thing I've ever done is . . .
- 52) The most cowardly thing I've ever done is . . .
- 53) My relationship to God is . . .
- 54) The defining moment of my life was when . . .
- 55) The greatest love of my life is . . .
- 56) The last time I remember laughing hard was when . . .
- 57) The one thing I could never survive is . . .
- 58) The greatest thrill of my life was when . . .
- 59) My most painful memory is . . .
- 60) I need to be forgiven for . . .
- 61) If I could do one thing differently from my past, it would be . . .
- 62) The message I got from my father was . . .
- 63) The message I got from my mother was . . .
- 64) The reason I'm in this situation is because . . .
- 65) If I were to tell the truth, the consequence would be . . .
- 66) I believe that . . . (as your protagonist at beginning of story)
- 67) I know it to be true that . . . (as your protagonist at end of story)
- 68) To me, freedom looks like . . .
- 69) Something I expect from others is . . .
- 70) Something I expect from myself is . . .

- 71) I am terrified of . . .
- 72) I will never declare defeat when it comes to . . .
- 73) The bravest person I know is . . .
- 74) The most cowardly person I know is . . .
- 75) The smartest thing I ever did was . . .
- 76) My attitude toward money is . . .
- 77) My attitude toward work is . . .
- 78) My attitude toward alcohol is . . .
- 79) My attitude toward marriage is . . .
- 80) My attitude toward love is . . .
- 81) My attitude toward the opposite sex is . . .
- 82) My attitude toward children is . . .
- 83) My attitude toward organized religions is . . .
- 84) I will die before I . . .
- 85) If I had no fear, I would immediately . . .
- 86) I will never forget the time that I . . .
- 87) I could never live in a world where . . .
- 88) The most dangerous thing I've ever done is . . .
- 89) The biggest risk I've ever taken is . . .
- 90) The most uncomfortable thing I've ever revealed is . . .

- 91) I secretly despise . . .
- 92) I secretly lust after . . .
- 93) I am most ashamed of . . .
- 94) I am most disappointed by . . .
- 95) I couldn't live without . . .
- 96) I resent . . .
- 97) I am most envious of . . .
- 98) I feel safest when . . .
- 99) I am tired of pretending that I like . . .
- 100) I wouldn't be upset if . . .
- 101) I shouldn't feel this way, but . . .
- 102) The most valuable thing I ever stole was . . .
- 103) The worst crime I ever committed was . . .
- 104) My most rebellious act was when I . . .
- 105) Something I did once but will never do again is . . .
- 106) Something I've always wanted to say but don't feel I'm allowed  
is . . .
- 107) I have trouble reasoning with . . .
- 108) I feel lost when . . .
- 109) I have unrealistic expectations of . . .

- 110) I am far too understanding of . . .
- 111) I refuse to believe that . . .
- 112) Before I die, I am determined to . . .
- 113) I am appalled by . . .
- 114) It's been far too long since I . . .
- 115) I feel intense loyalty towards . . .
- 116) I know this isn't logical, but . . .
- 117) I feel misunderstood about . . .
- 118) A debt that I can never repay is . . .
- 119) The nicest thing anyone ever said to me was . . .
- 120) The meanest thing anyone ever said to me was . . .
- 121) My earliest memory is . . .
- 122) The last time I cried was when . . .
- 123) I don't actually remember this, but I'm told that . . .
- 124) I would describe myself as . . .
- 125) The person who understands me best is . . .
- 126) The most intimate moment of my life was when . . .
- 127) I'm always shocked to hear that . . .
- 128) The last time I drank too much I . . .
- 129) The family member I am closest to is . . .

- 130) Something that I wouldn't trade for the world is ...
- 131) A time that I was too trusting was ...
- 132) A time that I was too suspicious or cynical was ...
- 133) I have difficulty pretending that ...
- 134) Something I tend to avoid is ...
- 135) My worst habit is ...
- 136) What annoys me most about people is ...
- 137) What people find most annoying about me is ...
- 138) I felt the deepest sense of belonging when ...
- 139) The most alienating moment of my life was when ...
- 140) The last time I betrayed someone was when I ...
- 141) The last time I saved someone was when I ...
- 142) The last time I betrayed myself was when I ...
- 143) My family wishes that I would ...
- 144) Something I regret losing is ...
- 145) Something that I regret finding is ...
- 146) Something I'm grateful to have lost is ...
- 147) Something I'm grateful to have found is ...
- 148) I am envious of ...
- 149) I feel pity for ...



- 150) Something I wish I could forget is . . .
- 151) When I die, I hope that . . .
- 152) The most interesting person I've ever known is . . .
- 153) The most attractive person I've ever known is . . .
- 154) I wish I were more . . .
- 155) I can't forgive myself for . . .
- 156) I'm too hard on myself because . . .
- 157) I will be redeemed when . . .
- 158) I will have won when . . .
- 159) I don't consider myself a selfish person, but . . .
- 160) I don't consider myself an overly generous person, but . . .
- 161) I need to apologize for . . .
- 162) What bores me is . . .
- 163) What excites me is . . .
- 164) What lifts my spirits is . . .
- 165) The last trip I took was . . .
- 166) What disturbs me is . . .
- 167) I no longer agree that . . .
- 168) The purpose of life is to . . .
- 169) Love is . . .

- 170) The biggest misperception people have of me is ...
- 171) Everything will make sense when ...
- 172) I prefer when things are ...
- 173) I cannot tolerate ...
- 174) I insist upon ...
- 175) The most embarrassing thing I ever said was ...
- 176) The most embarrassing thing I ever did was ...
- 177) The most brilliant thing I ever said was ...
- 178) The most brilliant thing I ever did was ...
- 179) I live for ...
- 180) My life would be over if ...
- 181) My greatest hope is ...
- 182) My best quality is ...
- 183) Let me tell you how I feel about my physical appearance ...
- 184) I believe that love can ...
- 185) I don't believe that love can ...
- 186) The most desperate act of my life was when ...
- 187) The most cunning thing I ever did was ...
- 188) My most noble act was the time that I ...
- 189) My greatest defeat was when ...

- 190) The most fortunate thing that has ever happened to me was ...
- 191) The most vivid memory of my childhood is ...
- 192) The most hurtful criticism I ever received was ...
- 193) The most despairing moment of my life was when ...
- 194) I believe that when I die I will ...
- 195) Ten things I want to do before I die are ...
- 196) The most heroic thing I have ever done is ...
- 197) Heaven is ...
- 198) Hell is ...
- 199) The worst betrayal of my life was when ...
- 200) I will feel vindicated when ...
- 201) I can hardly wait for ...
- 202) I shouldn't think this, but ...
- 203) One thing I cannot accept is ...
- 204) I struggle to forgive \_\_\_\_\_ for \_\_\_\_\_ ...
- 205) I am waiting for ...
- 206) I can no longer wait for ...